



Chicken & Peppers Stir-Fry

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings rice cooked
- ☐ 4 cloves garlic minced
- ☐ 1 tablespoon catsup
- ☐ 0.5 bell pepper red chopped
- ☐ 2 tablespoons sesame oil
- ☐ 4 chicken breasts boneless skinless cut into 1-inch pieces
- ☐ 0.5 cup soya sauce
- ☐ 0.5 bell pepper yellow chopped

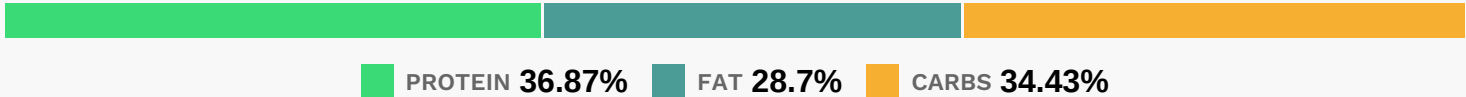
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In a bowl, whisk together soy sauce, oil, catsup and garlic.
- ☐ Heat mixture in a skillet over medium-high heat.
- ☐ Add chicken; cook and stir for 3 minutes.
- ☐ Add peppers; cook and stir 5 minutes, or until chicken is cooked through.
- ☐ Serve over hot rice.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:24.59, Inflammation Score:-6, Nutrition Score:18.982174002606%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 326.94kcal (16.35%), Fat: 10.27g (15.8%), Saturated Fat: 1.72g (10.72%), Carbohydrates: 27.73g (9.24%), Net Carbohydrates: 26.66g (9.69%), Sugar: 1.99g (2.21%), Cholesterol: 72.32mg (24.11%), Sodium: 1787.22mg (77.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.69g (59.38%), Vitamin B3: 13.6mg (68%), Selenium: 42.83µg (61.18%), Vitamin C: 48.78mg (59.13%), Vitamin B6: 1.09mg (54.46%), Phosphorus: 321.97mg (32.2%), Manganese: 0.62mg (31.12%), Vitamin B5: 2.12mg (21.19%), Potassium: 592.72mg (16.93%), Magnesium: 55.27mg (13.82%), Vitamin B2: 0.19mg (11.37%), Vitamin A: 548.89IU (10.98%), Zinc: 1.27mg (8.47%), Vitamin B1: 0.12mg (8.26%), Iron: 1.46mg (8.13%), Copper: 0.15mg (7.74%), Folate: 23.25µg (5.81%), Fiber: 1.07g (4.27%), Vitamin E: 0.64mg (4.24%), Vitamin B12: 0.23µg (3.77%), Calcium: 28.02mg (2.8%), Vitamin K: 2.07µg (1.97%)